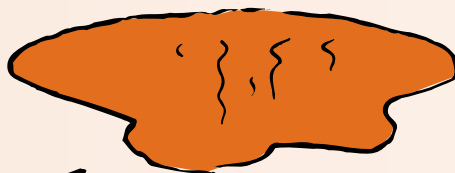


Ravenna-Eckstein Community Center



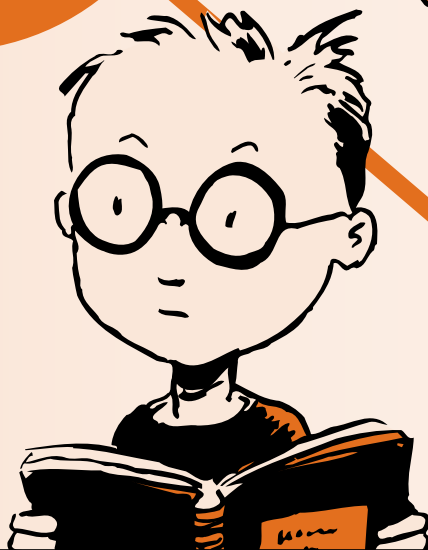
SEATTLE PARKS
AND RECREATION



*We have something
for everyone!*

Fall 2006

6535 Ravenna Avenue NE
Seattle, WA 98115
Ph. 684-7534
Visit us online at
www.seattle.gov/parks



NEW!

REGISTER ONLINE - it's easy!

www.seattle.gov/parks

SPARC

HOURS OF OPERATION

Mon, Wed	10:00am - 9:00pm
Tue, Thurs, Fri	1:00pm - 9:00pm
Saturday (begins 9/9/06)	10:00am - 5:00pm
Sunday	closed

HOLIDAY CLOSURES

September 4	Labor Day
November 10	Veterans Day Observed
November 23&24	Thanksgiving Holiday
December 25	Christmas Holiday Observed

PROGRAM DATES

September 4th – December 31st
Program registration and procedure
All registration including mail-in, walk-in, phone and internet begins August 14, 2006.

Ravenna-Eckstein's registration procedure is for classes/activities only and does not specifically include KIDSTIME programs, camps, evening Teen Program, league sports, and the Senior Program.

Mail-in registration is accepted beginning Monday August 14th. We will only accept registrations that are postmarked August 14th. On or after, these registrations will be processed as they are received by mail and opened. **Dance and Tiny Tot classes are the only pre-registered classes of current students, so there may or may not be slots available. Before mailing in your registration for these classes, please call the Center for space availability.

Registration will continue until class maximums are reached. There will not be phone or written confirmation. We will notify a registrant only if he or she does not get enrolled in a class and is placed on a wait list. Wait lists are only maintained for the present quarter. Refunds will be issued by mail for those who do not get into a class.

PROFESSIONAL STAFF

Ken Bounds, Superintendent
Christopher Williams, Operations Director
Maureen O'Neill, North Recreation Manager
TBA, North Senior Recreation Coordinator
Trevor Gregg, Recreation Coordinator
Yolanda Abarca, Asst. Recreation Coordinator
Amanda Enright, Teen Development Leader
Penny Atwood, Recreation Attendant
Michio Imanaka, Intermittent Rec. Attendant
Una Mulligan, Building Maintenance

YOU CAN MAKE A DIFFERENCE!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

MISSION

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

THE PRO PARKS LEVY IS MAKING A DIFFERENCE IN YOUR COMMUNITY

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

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END OF SUMMER BASH!

Community Picnic/Potluck

September 1 6:00pm- 8:00 pm
Suggested Donation: \$5.00

Cost includes hot dogs, hamburgers, buns, condiments plates, napkins, eating utensils and beverage. Please bring a dish to share with others.

SIT IN DINNER AND A MOVIE

All ages! 6:30pm
\$3 per person \$10 per family of 3 or more
(Fee is for Dinner)

***September 22nd** **Monsters INC**
Dinner: Mac & Cheese

****November 10th** **Herbie: Fully Loaded**
Dinner: Spaghetti

It is movie night with a twist. Now we include dinner and a little fun with our movie.

*Come dressed as a monster and receive a special surprise

**We are going to make 'cars' for our drive in movie night. Most creative car will win a prize. 1 car per family.

BIG OL' BINGO

All ages Donation
Friday, October 13th 7:00pm - 8:30pm

It's back. Join us for a fun filled night of "blackouts", "x's" and much more. One card per player. Fabulous prizes!

FREAKY FALL FESTIVAL

Friday, October 27th
Ages 5 & under 6:00pm - 7:00 pm
Ages 6-12 7:00pm - 8:30 pm
\$3 per person \$10 per family of 3 or more.
BOOOOO !!! It is that spooky time of year again!
Join us for our annual Halloween carnival. There will be booth games especially designed for kids from tiny tots to 12 years old. Come dressed in costume and receive a special treat.

2006 ARGOSY

CHRISTMAS SHIP™ FESTIVAL

December date to be announced at a later date.
Join other neighborhood residents at our holiday special event on Magnuson Beach. See the Christmas Ship with all its lights and listen to the Northwest Girl choir Amore. While waiting for the ship to arrive, spectators will be treated to refreshments, music, and a bonfire (weather permitting), compliments of Laurelhurst CC, Sandpoint Magnuson C.C, and Ravenna-Eckstein CC.

FAMILY FUN NITE

Snowflake Fun-Fest

Friday, December 8th 6:30pm - 8:45pm
FREE

1 Giant Inflatable.....Bingo, Free PlaySpaceand so much more!!!!

Here it is... A night to remember and it's all free! From Dreidel to a visitor from the North Pole, this night will be full of jumping, climbing, bouncing, and playing and just having a jolly old time. There will be arts and crafts as well.

PARENTS NIGHT OUT

Ages 3-10 Min7/Max 25
Friday December 15th 6:30pm -10:30pm
\$20.00 per participant
or \$7.00 per hour fee per participant
Please register by December 8th payment due at time of registration.

Alright kids it is that time of year again... to give your parents a "night out" on the town. Come join us for an evening of movies, games, and crafts. Parents you can drop off your child beginning at 6:30pm and pick them up no later than 10:30pm. Bring your PJs and your favorite blanket. Toddlers must be potty trained, and an E13 participant information form must be on file.

LAST MINUTE HOLIDAY SHOPPERS CHILDCARE

Ages 3 - 10
Saturday, Dec. 23rd 10:30am - 4:30pm
\$30 per participant
or \$7.00 per hour fee per participant
Please Register by December 16th payment due at time of registration.

All right all you last minute shoppers. Here is your chance to go out shopping without having the kids underfoot. Come and join us for arts & crafts, games in the gym, a treasure hunt and maybe a movie. Parents you can drop off your child beginning at 10:30am and pick them up no later then 4:30pm.

Toddlers must be potty trained, and an E13 participant information form must be on file.

Special Events

TOT GYM CLUB

\$2/child

Ages 2 - 5
Wednesday 10:30am - 2:00pm
September 20th- December 20th
Play Space cards accepted

A gym reserved just for little people! Balls, active play toys, and riding toys are available. Bring your own favorite car or trike or ride one of ours! Please no two wheel bike. Parental supervision required.

INDOOR PLAYSACE

Ages 4 & under 14 weeks
September 18th - December 23rd
6 visit punch card \$9.00
12 visit punch card \$18.00
Unlimited Fall family pass \$30.00
Guest Pass \$2.00 per visit per child

Monday 10:15 AM - 6:00 PM
Tuesday 3:15 PM - 6:30 PM
Thursday 3:15 PM - 6:30 PM
Friday 1:15 PM - 8:30 PM
Saturday 10:15 AM - 4:00 PM
(Saturday Play Begins 9/23/06)

No PlaySpace Oct. 3, 5, 27; Nov 7, 9-10, 23-25
Important!

The Unlimited Family Pass is for immediate family only and expires December 23rd 2006. PARENTAL SUPERVISION REQUIRED! Parents.... Please be responsible for cleaning up after your children.

LIL' TWEAKER SPORTS

\$50

Ages 3-4 Min10/Max 20
Thursday 9:10am - 9:55am
September 28th- November 16th
(8 weeks)

Through low organized sport games and activities, TWEAKERS will be introduced to the basics skills and fundamentals needed to participate in sports

Instructor: Carol Rasp

FALL 06 TINY TOTS

Pre-Registration for currently enrolled participants will begin in early June. If space is not available, a waiting list is maintained until space is available or the end of the quarter's program. The waiting list will not be maintained from quarter to quarter. New participant registration will begin 08/28/06

FALL 06 TINY TOTS

Session 1

\$300

Ages 2-3 Min 10/ Max 12
Tuesday-Thursday 10:00 am - 12:00 pm
September 12th - December 7th

Session 2

\$415

Ages 3-4 Min 10/ Max 12
Tuesday-Thursday 12:00-3:00pm
September 12th - December 7th

Come and join this great program. This program is designed to emphasize socialization skills, age related cognitive and physical skills, including story telling, art, singing, games and exercise. PARENTS ARE REQUIRED TO ASSIST TEACHER WITH CLASS DUTIES AND ALSO BRING SNACKS SEVERAL TIMES.

Instructor: Carol Rasp

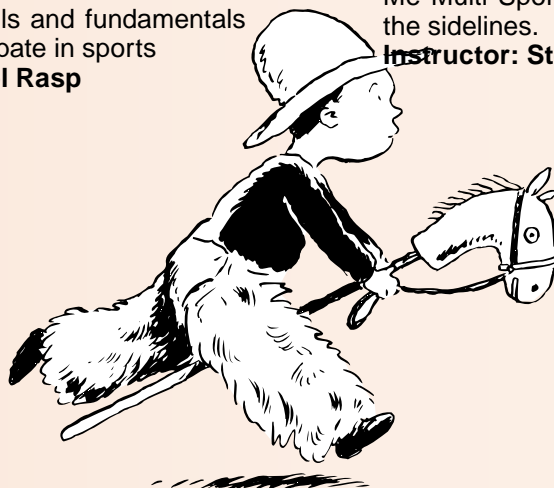
MOMMY, DADDY AND ME MULTI SPORT

\$68

Ages 2 - 3
Thursday 11:00am - 12:00pm
September 21h - November 9th
(8 weeks)

As you and your toddler participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the games of soccer, basketball and t-ball will be played each week. The fun happens in the gym and in Mommy Daddy and Me Multi Sport; you won't have to watch from the sidelines.

Instructor: Stephanie Brown



DANCE WITH CHLOE

Instructor: Chloe Davenport

CREATIVE MOVEMENT **\$75**

Ages 3-4 Min 7/Max 9
Friday 3:00pm - 3:45 pm
September 22nd - December 15th
(11 weeks) No class on 11/10, 11/24

Through fantasy and games, children learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching, just to name a few. Children will also be encouraged to work as a team and make individual choices in their expressive movement. Children should wear close fitting clothes with gym or ballet slippers or no-slip socks. Parents and friends are invited to join us for a performance on the last day of class.

PRE-BALLET **\$98**

Ages 4-6 Min 7/Max 12
Wednesday 3:00pm - 3:45 pm
September 20th - December 13th
(13 weeks)

Children experience the joy of dancing while learning basic movement skills and vocabulary including sliding, jumping, turning, and balancing. Beginning ballet concepts are taught through short, fun dances and rhythmic games as well as creative assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Parents and friends are invited to join us for a performance on the last day of class.

PRE - MODERN DANCE **\$85**

Ages 4-6 Min 7/Max 12
Friday 3:45pm - 4:30pm
September 22nd - December 15th
(11 weeks) No class on 11/10, 11/24

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a performance on the last day of class.

BALLET 1 **\$98**

Ages 6-8 Min 7/Max 12
Wednesday 3:45pm - 4:30pm
September 20th - December 13th
(13 weeks)

Basic ballet vocabulary is taught and combined into fun, energetic, and expressive dances. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform - Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Hair should be pulled back off the face and in a bun, if possible. Parents and friends are invited to join us for a performance on the last day of class.

BALLET 2 **\$130**

Ages 7-9 Min 7/Max 12
Wednesday 4:30pm - 5:30pm
September 20th - December 13th
(13 weeks)

This class is for kids who have finished a year of Ballet 1 and/or instructor permission. . Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Hair should be pulled back off the face and in a bun, if possible. Parents and friends are invited to join us for a performance on the last day of class.

BALLET 3 **\$190**

Ages 8-12 Min 7/Max 12
Wednesday and Friday 5:30pm - 6:30pm
September 20th - December 15th
(11 weeks) No class on 11/10, 11/24

This is a class for kids who have had a year of ballet 2 or teacher permission. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/ compositional assignments.

MODERN DANCE **\$110**

Ages 6-8 Min 7/Max 12
Friday 4:30pm - 5:30pm
September 22nd - December 15th
(11 weeks) No class on 11/10, 11/24

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a performance on the last day of class.

Youth Programs

KID'S TIME

2006-2007

Before and After School Programs AEII and Wedgwood Elementary

Join us for morning/afternoon fun at our on-site programs held at AEII and Wedgwood Elementary. Please call sites for Fall space availability.

Kid's Time Phone Numbers

AEII Director: Lea Skolnik 729-9538

Wedgwood Acting Director: Humberto Mendoza 729-1726

NEW BEFORE AND AFTER SCHOOL RATES FOR 2006/2007 ARE AS FOLLOWS.

	5 days	4 days	3 days	2 days	1 day
Before School	\$160.00	\$145.00	\$120.00	\$95.00	\$50.00
After School	\$245.00	\$230.00	\$190.00	\$135.00	\$85.00

HOLIDAY CAMP AT WEDGWOOD KID'S TIME

Session1

Monday – Friday (grades k-5)
7:00am-6:00pm \$145.00
December 18th -22nd (5 days)

Session 2

Tuesday – Friday (grades k-5)
7:00am-6:00pm \$116.00
December 26th – 29th (4 days)

No Camp 12/25

Or \$29.00 per Day

Schools out, Join us for two fun filled weeks of activities at Wedgwood Kid's Time. Activities include games, sports, art, cooking, fieldtrips, and more. Bring a sack lunch and drink daily.

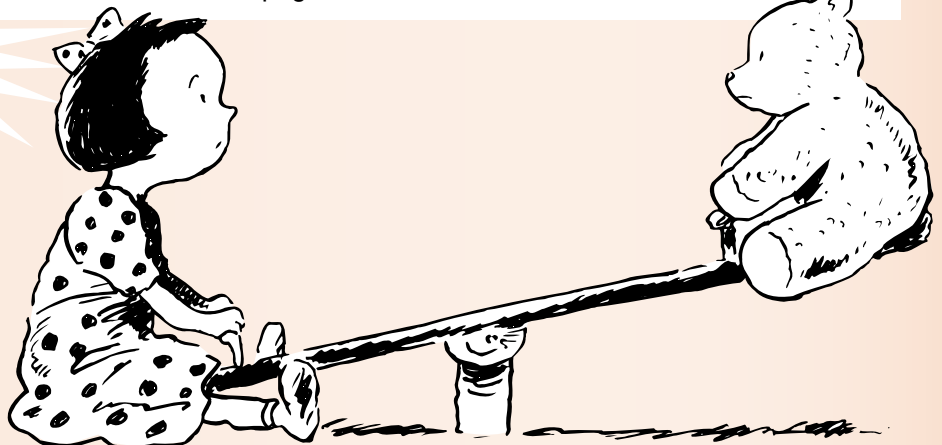
Priority registration given to KIDSTIME families; open registration begins November 20th and runs though December 8th. Spaces are limited. Must specify at the time of registration the session and or days of attendance.

December 9th as the last day to register



For information about "The Spot" Holiday Teen Camp, please look in the teen section of the brochure on page 9.

NEW!



FITNESS & SPORTS

TEAM SPORTS

VOLLEYBALL **\$35**

Ages 10-11, 12.-13, 14-17
(Age Determined As Of August 31st 2006)

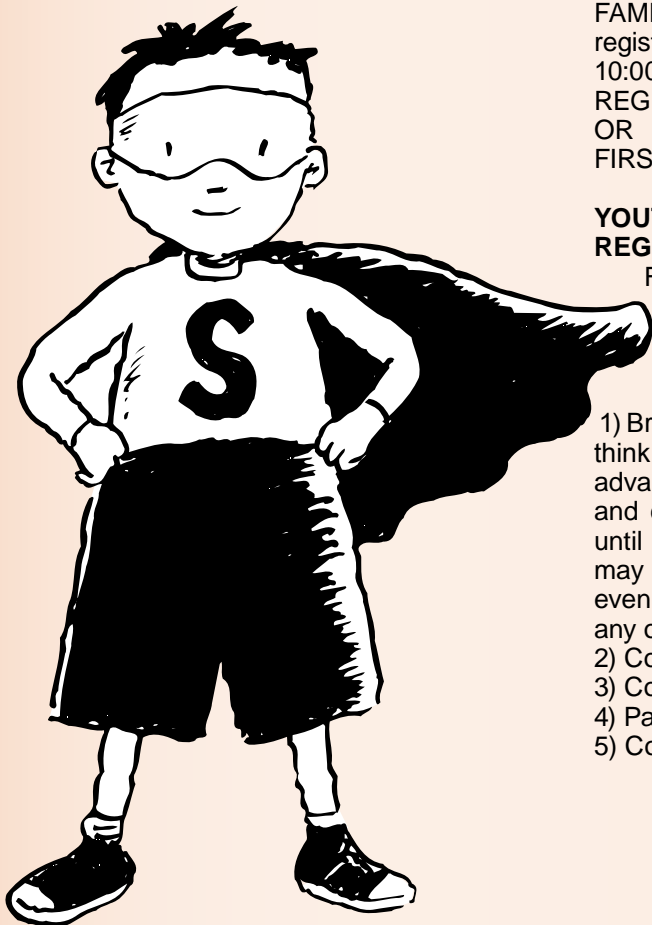
Register now! Volleyball practices begin August /September with games starting in September. Practice days and times may not be known at time of registration.
Coaches clinic TBA

FLAG FOOTBALL COED **\$35**

Ages 10-11, 12-14
(Age Determined As Of August 31st 2006)

Register now! Football practices begin August /September with games starting in September. Games will be on Saturdays. Practice days and times may not be known at time of registration.
Coaches clinic TBA

WANTED:
VOLUNTEER COACHES:
Basketball
Call 684-7534 or see staff



LEAGUE BASKETBALL **\$65**

Ages 8-17
(Age Determined As Of August 31st 2006)
Practices may not be known at the time of registration. Practices may start week of November 15th.

Cub League
(ages 8-9)

Citywide League
(10-17)

Age group determined by whatever the participant's age was as of August 31st 2006. Participants must play in their own age group. To play in the Cub league, player must turn 8 by 8/31/06

Youth Basketball Registration (in person only)
Please read over Youth Team Registration Information and have all information ready at time of league registration.

Registration
Saturday October 7th

Cub League	10:00am - 12:00pm
City Wide League	12:30pm - 2:00pm
(ages 10+)	

Basketball sign ups for girls and boys begin in person on Saturday, October 7th. There will be limited registration.... First come, First serve! FAMILIES ONLY who have children in both registration sessions many register during the 10:00am - 12:00pm time slot. BASKETBALL REGISTRATION ENDS AS TEAMS FILL UP OR NOVEMBER 21, WHICHEVER COMES FIRST.

YOUTH TEAM SPORTS REGISTRATION INFORMATION

Forms available at the center. To register, all of the following steps must be completed and turned in at the same time. Incomplete packets will not be accepted.

- 1) Bring Xeroxed copy of birth certificate. If you think you have one on file, please call office in advance of registration so that staff can verify and check it off their records. DO NOT wait until the day of registration or your wait in line may be longer. (This step needs to be done even if you were in the program last year or in any other sports program recently).
- 2) Complete permission/medical form.
- 3) Complete general sports registration form.
- 4) Pay fee (check or money order only). No cash.
- 5) Complete contract.

Youth Programs

Youth Programs

LOBBY GAMES

25 cents per game equipment checkout plus collateral (ID or piece of clothing)
The availability of certain games is dependent on the Center's activities. The Center staff reserves the right to restrict use of equipment. If anyone is waiting to play, a time limit on each game is required.

"MINI BALLERS" (COED) \$65

INSTRUCTIONAL BASKETBALL PROGRAM

Ages 6 -7 Min 6/ Max 15
Wednesday 5:30pm -6:30pm
September 20th – November 8th

Taught by experienced instructors, class will cover skills of passing, dribbling, shooting, defense, and offense. Must have turned age 6 by August 31st, 2006. Shirt included in class fee.

YOUTH TENNIS \$105

September 11 – October 5 4 weeks
Min 4/ Max 6

Intermediate/Advanced

Age 10 and up
Mon/Wed 3:00 pm - 4:00pm

Beginning/Advanced Beginning

Age 7 – 11
Mon/Wed 4:00 pm - 5:00 pm

This program is for young people who want to enjoy tennis by challenging themselves to achieve their own level of mastery. The key to learning will be FUN drills and games and a praising environment to thrive in. Balls provided.

Instructor: Mark Bosley, Certified USPTA



MUSIC

PIANO LESSONS

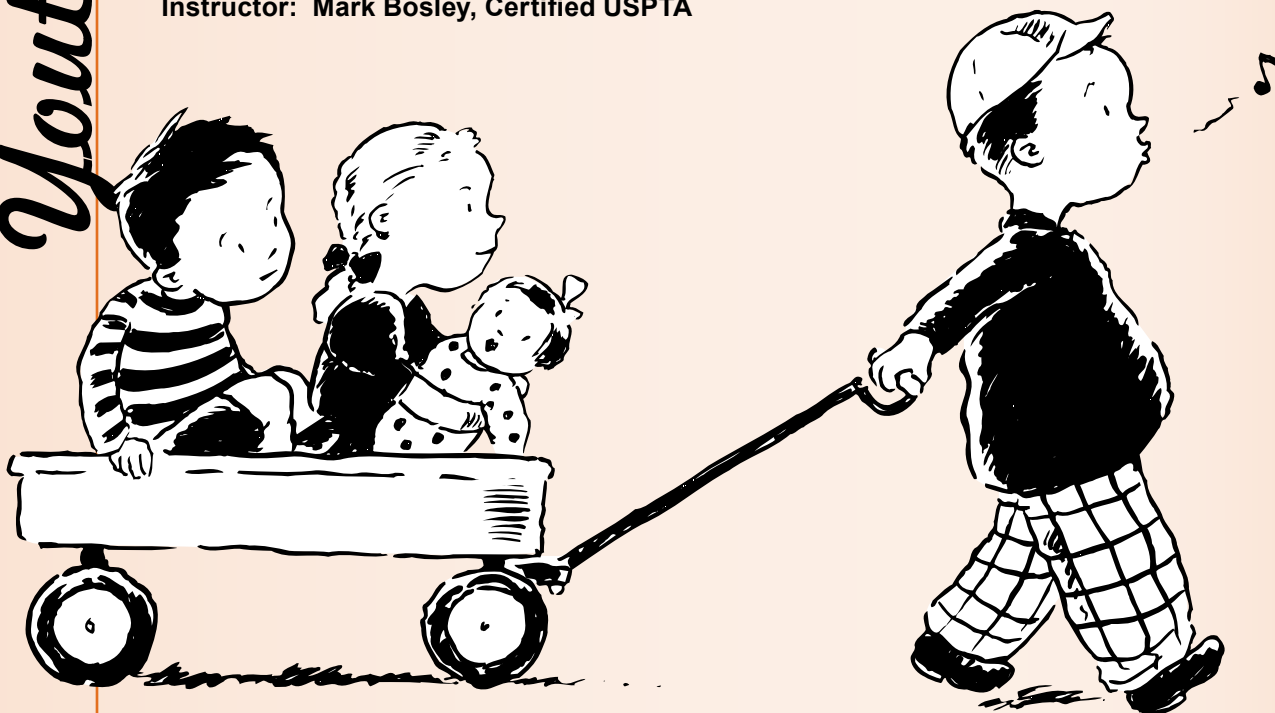
\$215

Ages 6-adult Min 4/Max 6
Wednesday 3:30pm - 4:00pm
4:00pm - 4:30pm
4:30pm - 5:00pm
5:30pm - 6:00pm
6:00pm - 6:30pm
6:30pm - 7:00pm

September 20th – December 13th
(11 weeks)

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 17 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim



NEW!

FALL 06 TEEN PROGRAMS FOR MIDDLE AND HIGH SCHOOL YOUTH

"THE SPOT" HOLIDAY TEEN CAMP AT AEII

For 6th through 8th grade

Session 1	\$150
Monday - Friday	8:00am - 5:00 pm
December 18th - 22nd	5 days
Session 2	\$120
Tuesday - Friday	8:00 am - 5:00pm
December 26th - 29th	4 days
No camp 12/25	

Or \$30 per day

Schools out, join us for two fun filled weeks of activities at AEII. Daily enrichment activities include games, sports, arts, cooking, field trips and more. Trained and qualified staff with low adult to youth ratio. Space is limited. Must specify at the time of registration the session and or days of attendance.

December 9th is the last day to register.

Through the passage of the Pro Parks Levy, the City of Seattle has allocated funds to finance a Teen Development Leader at Ravenna-Eckstein Community Center to provide various activities and programs for Teens grades 6th - 12th during the many times - Afternoon, evenings, weekends, and summers - when they are not in school. These funds will help teens enjoy recreational, cultural, athletic, and educational opportunities in a safe, fun and welcoming environment.

All programs are supervised by the Teen Development Leader, instructor, or volunteer. All times and dates of activities are subject to change.

CHECK OUR MONTHLY TEEN CALENDAR FOR MORE ACTIVITIES!

2006 TEEN SCENE DROP-IN PROGRAM

Monday - Friday 2:30 - 9:00 PM
Come and hang out in our teen center where you can play foosball, air-hockey, Station 2, board games, watch movies and TV. Participate in our monthly activities such as a variety of cooking, art, and dance classes, sports and fitness opportunities, special events and service learning opportunities. Daily snack is provided.

POWER HOUR

Monday - Friday 3:00 - 4:00 PM
Teens have an opportunity to complete home work daily during Power Hour. Volunteers and staff are on hand to help, and tutors are available by request.

OPEN GYM

TBA

Enjoy basketball, volleyball, flag football, dodge ball, kickball, and other gym activities.

TEEN ADVISORY COUNCIL MEETINGS

1st & 3rd Wednesday Every Month

T.A.C. Begins September 6th

Be a part of the Rav-Eck Teen Council Advisory. Have an active role in directing the focus of the teen programs including planning activities, special events, fund-raising projects, field trips and overnight trips. Snacks provided.

CLASSES

AIRBRUSH TECHNIX \$20

Mondays 4:00 - 5:30pm

September 11th - November 13th

Airbrush Technix is back! Come and learn a variety of different types of art such as, animation, sculpture, video art, painting, and drawing. You decide what type of art you want to learn!

BON APPETITE \$20

Tuesdays 5:00 - 7:00 PM

September 19th - December 5th

Add a little spice to your week as we explore and create savory regional dishes. Come join us in the kitchen to improve your cooking skills in preparation for our ultimate IRON CHEF cook off on 12/19! And of course, sampling will be allowed. Need to obtain food handlers permit by September 5th.

READY TO WEAR - INTRODUCTORY FASHION DESIGN CLASS \$35

15 - Week Course

Ages: 12 - 18

Thursdays

4:00 - 7:00 PM

Begins September 21st - December 28th

Location: Ravenna-Eckstein Community Center

Instructor: TBA

Interested in learning how to design & create your own outfits? This course offers a solid foundation in the fundamentals of pattern drafting, sewing and design. This class will focus on creative design techniques. We will be going on field trips to get familiar with the world of fashion design!

Teen Programs

Teen Programs

NEED ADULT VOLUNTEERS!

Ravenna-Eckstein's Teen Program is looking for caring adults who want to share their talents and knowledge with the local teens. Whether it is resume writing, sports, interview skills, business skills, arts, music, cooking, attending field trips, or anything else, we need your involvement, skills, and enthusiasm! For more information please call Amanda Enright at 206-684-7534.

ONGOING PROGRAMS

PYLI

(Points of Light Youth Leadership Institute)

Tuesdays 2:30 - 4:30 PM

September 19th – December 5th

Location: Roosevelt High School

PYLI is a state-of-the-art training program designed to teach leadership and community service skills to middle and high school students. There are three major program elements to PYLI. They include teaching the curriculum, planning and implementing the community service project and conducting a graduation ceremony.

TEENS TEACH

Monday - Friday 3:00 - 6:30 PM

This is a great way to get out and visit other community centers while earning service learning hours at the same time. Teen create a curriculum and activities to teach elementary age youth at the Kids Time after school program throughout Seattle Parks and Recreation. Must complete a volunteer registration packet. Please contact Amanda for more details at (206) 684-7534.

FOOD HANDLERS TEST \$10

Every Wednesday 4:00 PM

September, October & November

Location: Magnuson Community Center

Learn how to handle and prepare food. Pick one of these dates to take the class and once you pass the class you will receive a food handlers permit good for one year. Please call at least one week prior to class you would like to attend.

SPEAK

Every Other Wednesday 4:00 - 5:30 PM

Beginning September 13th

Girls club to talk about real life issues teens are facing today. Teens direct the focus of the group discussion. Speak may also involve a variety of fun activities such as manicures and makeovers, henna body art, field trips to Gene Juarez for free hair updo's, and much more! Special speakers from local women's advocacy organizations.

RED CROSS BABY SITTING TRAINING COURSE

\$38

One Session – Saturday October 7th

Saturday

10:00 - 5:00 PM

Become certified through the Red Cross for baby sitting. This class is designed for 11- to 15-year olds, the Babysitter's Training Course can help you: interview for a babysitting job, choose safe and age-appropriate toys and games, perform first aid, learn diapering and feeding techniques, handle bedtime issues, learn tips for having a safe babysitting experience, and more! Space is limited to 12. **Register by calling the Red Cross at (206) 323-2345.**

VOLUNTEER!

Your Service Learning Headquarters

A variety of service learning opportunities are available for teens. Many of the opportunities that we provide are service based and require an understanding of customer service. Some include mentoring, trips to local elementary after-school programs, environmental and community projects. Volunteer hours count toward completion of school required hours. If you are interested in the many Service Learning / Community Service opportunities available please call Amanda Enright at 684-7534 or Ron Mirabueno, Service Learning Coordinator at 233-3979.



SPECIAL EVENTS

PARENT & TEEN ICE CREAM SOCIAL

Tuesday September 12th 4:00 - 7:30pm
Come see what the teen center is all about, meet other teens, parents, and Amanda Enright, Teen Development Leader. While you're at it, indulge in ice cream sundaes and enjoy other free refreshments!

FIELD TRIP TO PUYALLUP FAIR

Thursday September 14th 2:30 - 9:30pm **\$15**

MOUNTAIN BIKING

Saturday Sept. 30th 9:30 am - 3:30 pm **\$2**
Location: St Edwards State Park
Ever thought of learning to mountain bike? Come tear it up with the Ravenna-Eckstein crew. Trips for Kids will be providing all necessary gear, including mountain bikes and helmets. Need to register by September 23rd.

BACK TO SCHOOL MIDDLE SCHOOL DANCE - T.A.C. FUNDRAISER

Friday October 13th 7:30 - 11:00pm **\$5**
Ravenna-Eckstein Gym
School ID required and dress code enforced

WEEK WITHOUT VIOLENCE

October - Week TBA

FIELD TRIP TO THE FARM IN SNOHOMISH

October 19th **\$4**
Come take a tour of The FARM, pick out a pumpkin, go through the corn maze, build a Scarecrow, you even get a special treat at the end!

HAUNTED HOUSE FUNDRAISER

Wednesday 10/25 & Thursday 10/26
Come and be a part of our second annual Haunted House fundraiser designed and organized by our own Rav-Eck Teens. Teens are welcome to come to our Teen Advisory Council meetings to help prepare and participate in our all ages Haunted House.

2ND ANNUAL IRON CHEF COOK OFF

Tuesday December 19th 3:00 - 7:00pm **\$3 Team Entrance Fee**
Have you ever wanted to show off your cooking skills, well here is your chance and not only will you be able to do that, but you can win prizes for your cooking talents. Teens can prepare for this big event every week by showing up to Bon Appetite.

LATE NIGHT RECREATION PROGRAM

(ages 13-19)

MEADOWBROOK TEEN LIFE CENTER

10750 30th Ave NE - 684-7523

Friday and Saturdays - 7:00 - 12:00pm - Free!

Friday Night-Middle School Only

1st Friday - Music Studio

2nd Friday - Culinary Arts

3rd Friday - Teen Swim (Middle/High School)

4th Friday - Pizza & a Movie

Saturday Night- High School Only

1st Saturday - Culinary Arts

2nd Saturday - Pizza & a Movie

3rd Saturday - Pool Saturday

4th Saturday - Special Event/ Field Trip

BITTER LAKE COMMUNITY CENTER ANNEX

13040 Greenwood Avenue N. - 684-7524 or 386-9870

1st Friday - Teen Skate

2nd Friday - 3 on 3 Tourney

3rd Friday - BBQ & a Movie

4th Friday - Teen Swim at Madison Pool
(8:30-9:30pm)

For more information on anything listed in the Teen Section or to register for a program please contact Amanda Enright, Teen Development Leader, (206) 684-7534.



Teen Programs

FITNESS AND SPORTS

DROP- IN SPORTS FEE

This fee is applicable to all scheduled drop-in sports programs for adults during operational and non-operational hours at community centers. The adopted fees are as follows:

- Adults 18-64: \$2 per session
- Senior Adults 65+: \$1 per session

DROP-IN BASKETBALL \$2/day

18 and up

Schedule is always subject to change, so it is suggested to call 206-684-7534 for a daily schedule.

DROP- IN BADMITTON \$2/week

Adults

Wednesday 6:30pm - 8:45pm
September 6th – November 8th

PRE-NATAL YOGA \$90

Adults

Monday Min 8/Max 14
7:15pm - 8:30pm
September 18th – November 6th
(8 weeks)

A prenatal program for woman during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga excises, breathing, visualization and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, and prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive out look. Bring a Blanket and two pillows to class. **Medical authorization required.**

Instructor: Margaret McAndrews

MIDDLE EASTERN DANCE \$90

(Belly Dance)

Adults

Tuesday 7:30pm - 8:45pm
September 26th – December 12th
(12 weeks)

Learn the basic Oriental and Tribal dance techniques with the exciting and fun sounds of Middle Eastern music. Through the graceful movements of belly dance, you can enhance your self-image, tone & strengthen muscles & improve flexibility & balance.

At the end of each session, you will learn a short choreography. There is an option of incorporating veil, fan, or zills (finger cymbals) in last few class sessions. Wear comfortable dance/exercise clothing. Dance shoes, socks or bare feet recommended.

Instructor: Safina Lee

ULTIMATE CORE

\$105

Tuesdays/Thursdays

12:15 to 1:15pm

9/19 – 12/14

Min 10/Max 15

(13 weeks)

(no class 11/23)

This 60 minute dumbbell/exercise ball program strengthens your core and all major muscles in an inspiring and motivating group environment, with simple athletic movements such as ball squats, lunges, presses and curls. Ultimate Core is for all ages and fitness levels. Bring your own ball.

Ball size for 5'8" and shorter: 55 cm

Ball size for taller than 5'8": 65cm

Instructor: Stephanie Brown

ADULT COED VOLLEYBALL

League Play Starts end of August

Tuesday and or Thursday Evening

Pre-registration for all teams required.

For more information please call Ravenna-Eckstein at 206-684-7534

MUSIC

THE RAVENNA STRINGS SECOND ORCHESTRA \$75

All ages/children and adults Min 16/Max 45

Monday 7:15pm - 8:15pm

September 18th – December 4th

On December 6th, 8 pm concert (site TBA)

This orchestra is for intermediate violin, viola, cello and bass players, and provides a rewarding way to begin or improve your ensemble playing. Enjoy the supportive atmosphere. There are no auditions We have fun while preparing for the short concerts at the end of the quarter. Please bring a stand. For more information check our website at www.ravennastrings.com.

Conductor: Judy Drake

Co-director: Lorraine Hughes

THE RAVENNA STRINGS ORCHESTRA \$75

All ages/children and adults Min 16/Max 30

Wednesday 7:15pm - 8:30pm

September 20th – December 6th

On December 6th, 8 pm concert (site TBA)

This orchestra is for advanced violin, viola, cello and bass players. There are no auditions. Expect to have fun and play some very exciting music. Although the rehearsals are informal and without pressure, members of the orchestra are serious about preparing for the short concerts which conclude each quarter. Please bring a stand. For more information check our website at www.ravennastrings.com.

Conductor: Judy Drake

Co-director: Lorraine Hughes

PIANO LESSONS

\$215

Ages 6 - Adult
Wednesday

Min 4/Max 4
3:30pm - 4:00pm
4:00pm - 4:30pm
4:30pm - 5:00pm
5:30pm - 6:00pm
6:00pm - 6:30pm
6:30pm - 7:00pm

September 20th – December 13th
(11 weeks)

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 17 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim

SPECIAL INTEREST

CPR CLASSES WITH THE
AMERICAN RED CROSS

CPR/ FIRST AID

\$54

Adult

Tuesday and Thursday
October 3rd & 5th
November 7th & 9th
December 5th & 7th

4:30pm - 8:30pm

This course teaches how to respond to emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing & CPR for adults. This course meets OSHA & WISHA requirements.

Students should call the American Red Cross of King & Kitsap Counties to register at 206 726 3534 or register online at seattleredcross.org.

ADULT TENNIS

\$125

September 11 – October 5

4 weeks

Beginning/Advanced Beginning:

Age 18 and up

Min 4 / Max 4

Mon/Wed

5:00pm – 6:00 pm

In these one hour lessons we'll improve your all around court game through fun drills and situations. The beginning/advanced beginning class will emphasize stroke fundamentals: forehand, backhand, volley, serve, lob and overhead. Balls provided.

Instructor: Mark Bosley, Certified USPTA

WELLNESS THROUGH MINDFUL LIVING

\$160

Adults

Thursday

7:00pm - 9:00pm

September 21st – November 16th

And a Saturday November 11th 10:00-4:00pm

This class is an experiential exploration of mindfulness. Mindfulness is a way of learning how to relate with awareness to whatever is happening in your life, moment to moment, breath by breath. It allows us to connect with our bodies, minds, hearts and spirits. It is a practice of having a non-judgmental and non-reactive relationship to all of life. In the class we will learn a variety of practices including meditation, yoga, and body awareness, which are designed to help deepen our understanding and application of mindfulness. This class is based on the Mindfulness Based Stress Reduction Program (MBSR) designed by John Kabat-Zinn, Ph.D at the University of Massachusetts Medical School over 25 years ago. A more in depth description of this program can be found in John's book Full Catastrophe Living (Dell Publishing, 1990) or at the website of the Center for Mindfulness in Medicine, Healthcare and Society at www.umassmed/cfm.

Years of research indicate that a majority of people who complete this course report:

- Decrease in physical and psychological stress
- an increased ability to relax
- reduction in pain intensity and ability to live easier with chronicity
- a more balanced sense of health and well-being
- improved ability to cope with both short and long-term stressors
- greater daily peace of mind

People participate in this class for such reasons as...

- Stress: Family, job, etc.
- Chronic pain and illness
- Anxiety and panic disorder
- Migraines and other health problems
- Sleep disturbances
- A general feeling of dissatisfaction with life

Instructor: Carol Jakus and Mark Goodman

Adult Programs

E- Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information on line.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Rentals

For information about room rentals, please pick up a copy of our facility rental brochure, visit <http://www.ci.seattle.wa.us/parks/reservations/facrentalguide.htm> or talk to one of our staff.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us at 684-7534.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Scholarships

Ravenna-Eckstein Community Center Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service/deposit charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

Please read the entire policy, #7.16, for specific information.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability at 684-7534.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____) _____
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? _____

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

How would you like to pay?

Person making payment _____
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____
Make checks payable to "City of Seattle"

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only
Authorization (Ref) #: _____

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

**PLEASE INCLUDE
PAYMENT**

Mail To:

Ravenna-Eckstein
Community Center
6535 Ravenna Ave NE
Seattle, WA 98115

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Important Numbers

COMMUNITY CENTERS

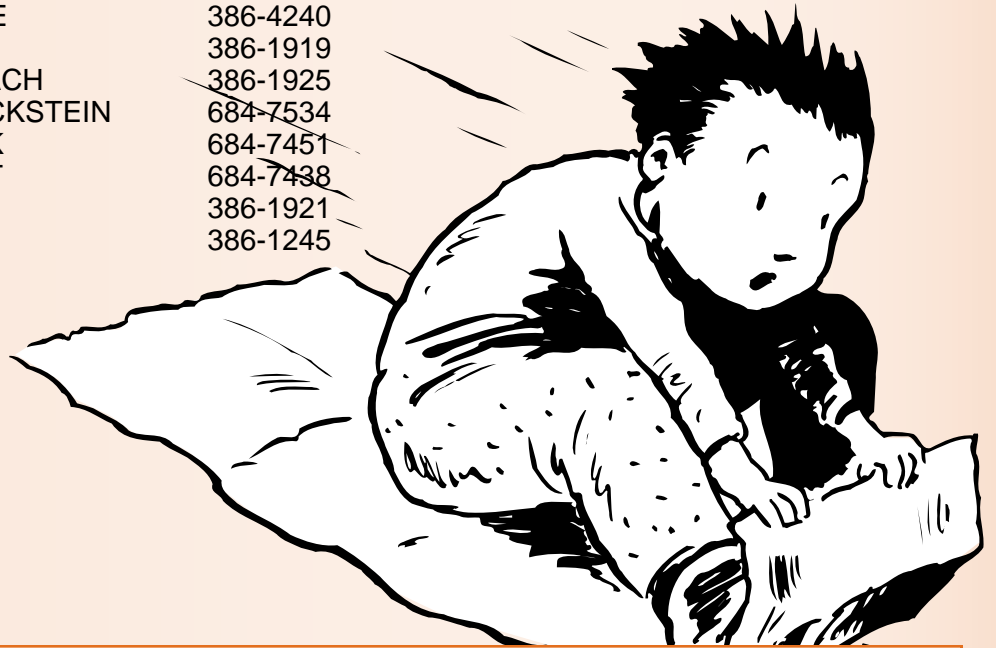
ALKI	684-7430
BALLARD	684-4093
BITTER LAKE	684-7524
DELRIDGE	684-7423
GARFIELD	684-4788
GREEN LAKE	684-0780
HIAWATHA	684-7441
HIGH POINT	684-7422
INTERNATIONAL/ CHINA TOWN	233-0042
JEFFERSON	684-7481
LANGSTON HUGHES	684-4757
LAURELHURST	684-7529
LAURELHURST GYM	684-7531
LOYAL HEIGHTS	684-4052
MAGNOLIA	386-4235
MAGNUSON	684-7026
MEADOWBROOK	684-7522
MILLER	684-4753
MONTLAKE	684-4736
NORTHGATE	386-8493
QUEEN ANNE	386-4240
RAINIER	386-1919
RAINIER BEACH	386-1925
RAVENNA-ECKSTEIN	684-7534
SOUTH PARK	684-7451
SOUTHWEST	684-7438
VAN ASSELT	386-1921
YESLER	386-1245

SWIMMING POOLS

BALLARD	684-4094
EVANS	684-4961
HELENE MADISON	684-4979
MEADOWBROOK	684-4989
MEDGAR EVERS	684-4766
QUEEN ANNE	386-4282
RAINIER BEACH	386-1944
SOUTHWEST	684-7440

OTHER DEPARTMENTS

SEATTLE AQUARIUM	386-4320
WOODLAND PARK ZOO	684-4800
SENIOR ADULT DISABLED PERSONS PROGRAMS	684-4951
LATE NIGHT & TEENS	684-4950
SPORTS CITYWIDE ADULTS	684-7136
	684-7092



Seattle Parks and Recreation

Ravenna-Eckstein Community Center
6535 Ravenna Avenue NE
Seattle, WA. 98115
(206) 684-7534
K1667

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